

## **ABSTRACT**

An exerciser includes a foot support disposed on a base to support feet of users, a handle rotatably attached to the base with a shaft, a pulley secured to the handle, and a seat rotatably supported  
5 on the pulley to rotatably support the users. A cable may be coupled between the pulley and the foot support, to selectively couple the foot support to the handle via the pulley. The foot support includes a lever pivotally secured on the base, and the cable includes two ends coupled to the ends of the lever with brackets. Each of the brackets  
10 includes an end panel having a passage to receive a tube of a barrel which includes a passageway to receive the ends of the cable.